

Thank You
Mountain View Elementary
for Making Posters
For the Exchange Sites



Make A Difference

Use A Digital
Thermometer



Mercury A Hidden Danger



Free Digital Thermometers Available November 1, 2004 While Supplies Last

You can trade your mercury thermometer for a **free, nontoxic digital thermometer starting on November 1, 2004**. The locations listed in this pamphlet are "**Exchange Sites**" for exchanging your mercury thermometer and receiving a free digital thermometer. **A special thanks to U.S. EPA for furnishing the free digital thermometers.**

During November digital thermometers will be exchanged while supplies last, and then a discount coupon for a digital thermometer will be furnished by Smith's Food & Drug and Walgreen's. **A special thank you to Smith's Food & Drug and Walgreen's for the discounts.**

Mercury thermometers can pose a risk to our health and the ecosystem. Mercury volatilizes quickly, is toxic to the environment and to people. Mercury is cumulative, and never leaves the environment. **One gram** of mercury is enough to contaminate a lake with a surface area of 20 acres.

A typical mercury thermometer contains approximately **700 milligrams of mercury**. When a mercury thermometer breaks, it evaporates and may be inhaled. During pregnancy, this is especially dangerous, because it can affect the central nervous system of the fetus.

How About New Mexico?

The following information is from a study conducted by NM Surface Water Quality Bureau (SWQB); "**A White Paper on Mercury**" www.nmenv.state.nm.us/swqb/hg_white.html

The study found mercury in the tissues of certain fish, "usually large, predatory species", **can still exceed the FDA action limit of 1.0 part per million.** Once mercury enters the human body (for example, by eating a fish with mercury), it is difficult to remove.

Many large drugstore chains have banned the sales of mercury thermometers. Some cities and states have also banned the sale of unnecessary mercury containing items.

Exchange Stations

APD Foothills Command- 332-5240
APD Northeast Command- 823-445
APD Southeast Command- 256-2050
APD Valley Command- 761-8800
APD Cottonwood Mall Command
APD Coronado Mall Command
APD West Side Command- 831-4705
University Hospital
City Hall Employee Health Services (Basement)
Southside Water Reclamation Plant 873-7058/7059
Walgreen's (Albuquerque locations)
Smith's Food & Drug (Albuquerque Locations)
**Household Hazardous Waste Collection Center (HHWCC) 345-1650
***HHWCC is open weekends call for hours of Operation*

For information on mercury, issues visit the web sites below:
Health Care Without Harm
<http://www.noharm.org/>

Hospitals for A Healthy Environment
<http://www.h2e-online.org/>

Physicians for Social Responsibility
<http://www.psr.org//home.cfm?id=home>

Mercury Policy Project
<http://www.mercurypolicy.org/>

TTY Users may call Relay NM at 1-800-659-8331